

## Fall Stew

### Ingredients

- 2 teaspoons olive oil
- 3/4 pound lean boned leg of lamb or lean, boned chuck roast, cut into 1-inch cubes
- 1 cup chopped Vidalia or other sweet onion
- 1 cup chopped celery
- 3/4 cup chopped carrot
- 3 garlic cloves, minced
- 1/2 cup dry red wine
- 1 1/2 cups cubed baking potato
- 1 cup chopped peeled rutabaga
- 1 cup chopped peeled turnip
- 1/2 teaspoon salt
- 7 (10 1/2-ounce) cans low-salt chicken broth or 8 cups homemade chicken stock
- 2 bay leaves
- 1/2 cup chopped plum tomato
- 1/2 cup chopped zucchini
- 1/4 cup chopped fresh cilantro
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon black pepper



### Preparation:

Heat oil in a large Dutch oven; add lamb, browning on all sides. Add onion, celery, carrot, and garlic; sauté 5 minutes. Add the wine, and cook 3 minutes, stirring frequently. Add potato and next 5 ingredients (potato through bay leaves); bring to a boil. Reduce heat to medium; cook 1 hour and 20 minutes or until vegetables are tender. Add tomato and remaining ingredients; cook an additional 10 minutes. Discard bay leaves.

4 servings (serving size: 2 cups)

### Nutritional Information

Calories: 312 (29% from fat)

Fat: 10.2g (sat 2.6g,mono 5.4g,poly 1.4g)

Protein: 26.3g

Carbohydrate: 30.7g

Fiber: 4.6g

Cholesterol: 54mg

Iron: 6.2mg

Sodium: 595mg

Calcium: 88mg

[http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=520990](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=520990)